



## What is Synarel used for?

PSynarel belongs to a group of medicines called pituitary hormone analogues which work by decreasing the secretions of sex hormones. It is used in women as part of in-vitro fertilisation (IVF) programs. Synarel assists in decreasing the amount of oestrogen produced by the ovaries. This provides a more controlled situation for subsequent stimulation of the ovaries to produce eggs.

Synarel is not addictive.

This medication does not interfere with your ability to drive a car or operate machinery. This medicine is available only on a doctor's prescription.

### **DO NOT use Synarel if:**

- ◆ You have a history of allergy to Synarel
- ◆ You have abnormal vaginal bleeding that your doctor does not know about

**DO NOT use Synarel** after the expiry date on the package has been passed.

**DO NOT use Synarel** if the packing is torn or shows signs of tampering.

If your medicine has expired or is damaged, return it to your pharmacist/clinic for disposal

## Before you use Synarel

### **TELL YOUR DOCTOR if you have any allergies to:**

- ◆ Any other medicines
- ◆ Any other substance such as foods, preservatives or dyes

**TELL YOUR DOCTOR** if you have or have had any medical conditions, especially the following:

- ◆ You are breastfeeding
- ◆ Your periods have either stopped or have been irregular
- ◆ You have a history of osteoporosis, particularly if this led to fractures
- ◆ You have a strong family history of osteoporosis
- ◆ You have a problem with your ovaries called polycystic ovarian syndrome (PCOS)
- ◆ You are 18 years or younger
- ◆ Kidney disease
- ◆ Liver disease

**TELL YOUR DOCTOR** if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

## How to use Synarel

Synarel is given as a spray into the nose. Your clinic nurse or doctor will explain to you how to use the nasal spray. The spray is used from either on Day 2 or Day 21-22 of the menstrual cycle. Normally you will be asked to use one or two sprays twice a day. Once you start using Synarel do not stop unless directed by your clinic nurse or doctor.

Follow all directions given to you by your doctor or clinic nurse carefully. They may differ from the information contained in this leaflet.

## Important tips

Your pump should produce a fine mist, which is produced by a firm pumping action. Before you use a bottle for the first time you have to prime the spray pump. This involves pumping the spray approximately 5-10 times until a fine mist is seen. You do not need to prime the bottle again.

**DO NOT** try to enlarge the tiny hole in the spray. If the hole is made bigger you will not get the correct dose.

**DO NOT** attempt to dismantle the spray.

## To clean

Clean the spray tip every 3-4 days. Hold the bottle on its side and rinse the spray tip with warm water whilst wiping the tip with a finger or soft cloth for 15 seconds. Dry with a soft cloth.

## If you forget to take a dose of Synarel

It is important that you do not miss a dose of Synarel. If you have forgotten a dose you must take that dose as soon as you can and have your next dose at the usual time. If you are worried contact your clinic nurse or doctor.

## Side effects

**TELL YOUR DOCTOR or clinic nurse if you do not feel well while taking Synarel.**

All medicines have side effects. Sometimes they are more serious, most of the time they are not. If you think you have side effects do not stop taking Synarel without first talking to your doctor. Synarel is sometimes used for long periods of time for treatment or Endometriosis; in these cases side effects can be a problem.

### The most common side effects are:

- ◆ Headache
- ◆ Vaginal dryness
- ◆ Acne
- ◆ Irritation inside the nose
- ◆ Mood changes
- ◆ Breast pain
- ◆ Hot flushes
- ◆ Depression
- ◆ Muscle pains
- ◆ Change in sex drive

### Less common side effects are: -

- ◆ Shortness of breath, chest pain or rashes due to allergy
- ◆ Hair loss or tingling feeling of the skin
- ◆ Excessive vaginal bleeding

Other side effects not listed may happen in some patients. Tell your doctor or clinic nurse if you notice anything that is making you feel unwell.

## Storage

- ◆ Synarel should be stored upright in a cool dry place below 25°C in its original packaging
- ◆ Do not put in your refrigerator or freezer
- ◆ **DO NOT LEAVE IN THE CAR**
- ◆ Keep this medicine where children cannot reach it

## Disposal

If you have any Synarel that has expired or is left over return it to your clinic or pharmacy. The spray is supplied with a metered spray pump unit which will deliver 60 sprays.